



Serves: 4

Pasta Alla Puttanesca

Ingredients

- Linguine, dried 240g
- Salt 1 tsp
- Olive oil 1 tsp + 1 tbsp*
- Garlic, minced 5g
- Red cherry tomatoes, halved 320g
- Yellow cherry tomatoes, halved 400g
- Pitted olives, halved 40g
- Basil, shredded 20g
- Salt ½ tsp
- Pepper, a pinch
- Parmesan, shaved 4 tsp*

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Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Cooking carrots and tomatoes helps to release their phytochemicals, thus making them more available for absorption by the body.

Method

- In a deep stock pot, cook linguine in salted water till slightly softened. Drain water and toss with 1 tsp olive oil to prevent sticking.
- In a pre-heated pan, add 1 tbsp olive oil followed by garlic. Sautee till fragrant.
- Add halved tomatoes and olives. Cook for 1 minute under high heat.
- Add cooked linguine and season to taste. Toss with shredded basil just before serving.
- Garnish with shaved parmesan for additional taste and flavour.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 318kcal
Protein 10.7g
Total fat (g and % of total calories)
8.5g (24.1%)
Saturated fat 1.9g
Cholesterol 4mg
Carbohydrate 49.5g
Dietary Fibre 3.5g
Sodium 462mg